

Hillsboro Mat Club
WRESTLER EXPECTATIONS

1. Show respect for all your coaches. Address them as Coach.
2. Show respect and support for your fellow teammates. We affect each other.
3. Show respect for all tournament officials and opposing wrestlers. Shaking hands after a match is required.
4. Attend practice. Practice is twice a week for the Youth and Middle School Programs, and four times a week for advanced wrestlers in Spartan Elite. Although it is an "individual" sport, missing a practice will put you behind on drills that we build upon each practice. This will affect the whole room/team.
5. If a wrestler misses all practices during the week, they will not be allowed to participate in a tournament. Exceptions will be at the discretion of the Head Coach and Director of Coaches.
6. Wear proper practice attire (comfortable shirt, shorts/pants and wrestling shoes). Do not wear your team tournament singlet to practice. If you do, you will sit out and will not be allowed to practice.
7. Wear proper uniform to tournaments. This includes team singlet, shirt/shorts, and any other uniform/warm-up indicated by the head coach.
8. No jewelry or other unnecessary accessories.
9. No street shoes on the mat. No wrestling shoes on the street.
10. Maintain proper hygiene (shower, cut fingernails, etc).
11. Report any feelings of sickness, possible injury or skin issues to your head coach immediately.
12. Help maintain the mats and room you are wrestling in. Be responsible for your belongings and dispose of any trash.
13. Profanity or abusive language will not be tolerated. Show respect at all times. Trash talking is not allowed.
14. Keep open lines of communication with your head coach. This includes any scheduling conflicts, practice or tournament participation, school issues, concerns about teammates or wrestling performance, etc.
15. Sportsmanship, citizenship and scholarship are just as important as your "on mat" performance. Be honest and exhibit proper character and integrity as a student athlete in school. Remember, you are representing Hillsboro Mat Club and the Hillsboro High School program. Issues in school may affect your participation.